

# Farmers Market Fresh

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## Roasted Root Vegetables

### *Ingredients:*

4 medium-sized root vegetables (choose a variety from potatoes, rutabagas, turnips, parsnips, beets, sweet potatoes, etc.)

2 chopped carrots

1 medium chopped onion

1/4 cup vegetable oil\*

season with your favorite spices



\*You can use less oil depending on the size of the vegetables—try adding oil one tablespoon at a time until coated.

University of Wisconsin, U.S. Department of Agriculture and Wisconsin counties cooperating.  
UW-Extension provides equal opportunities in employment and programming including Title IX and ADA

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## Directions:



1. Preheat oven to 350°F.
2. Cut vegetables into large (1 inch) chunks.  
(Make chunks similar in size so they finish roasting at the same time.)
3. Place in a medium bowl and pour oil over top.  
Add seasonings and mix well.
4. Spread an even layer on a baking sheet.
5. Bake for 45 minutes to 1 hour or until tender.

This recipe was modified from University of Nebraska–Lincoln Extension.

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